

Variable	Mean	SD	Min	Max
Age	38.5	12.5	25	65
Gender	Male	Female		
Marital status	Married	Single		
Education	High school	College		
Occupation	Manager	Worker		
Income	Low	High		
Health status	Good	Poor		
Stress level	Low	High		
Life satisfaction	Low	High		
Resilience	Low	High		
Optimism	Low	High		
Self-efficacy	Low	High		
Perceived stress	Low	High		
Depression	Low	High		
Anxiety	Low	High		
Quality of life	Low	High		
Health-related quality of life	Low	High		
Physical health	Low	High		
Mental health	Low	High		
Social health	Low	High		
Environmental health	Low	High		
Overall health	Low	High		

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